

# The Margaret Eaton School

DEPARTMENT OF  
PHYSICAL EDUCATION



Calendar 1926-1927



PHYSICAL EDUCATION STUDENTS

# The Margaret Eaton School

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## Department of Physical Education

MARY G. HAMILTON

Director

### Faculty, 1926-1927

LAURA CUYLE GEDDES, Graduate of the Sargent School for Physical Education, Cambridge, Mass.

CHARLOTTE KAULBACH, Graduate of Bedford Physical College, England.

WILLIAM A. COSTAIN, M.B., Department of Surgery, Toronto University.

W. H. GREAVES, M.A., Professor of Public Speaking, Victoria College.

ALISON MEWS, Royal Life Saving Society.

D. E. ROBERTSON, M.D., Examining Physician.

CHARLOTTE H. LAYTON, Secretary.

### Staff of Camp Tanamakoon

In addition to members of the Faculty, there will be extra instructors for riding, canoeing, sailing and campcraft.

## Calendar 1926-1927

First Term	- - -	September 4th to November 24th
Second Term	- - -	November 25th to February 27th
Third Term	- - -	February 28th to May 26th
Camp Tanamakoon, September 4th to October 2nd		
Christmas Vacation, December 22nd to January 5th		
Easter Vacation	- - -	April 14th to April 19th

## The School

### Buildings and Location

#### CITY LOCATION:

The Margaret Eaton School is situated at the corner of Yonge and McGill Streets. In this building there is adequate class-room accommodation, a thoroughly equipped gymnasium, and a swimming tank, with modern filtration plant.

Residential accommodation assures to out-of-town students comfortable quarters and wholesome food during their years of study. Details of prices and regulations will be sent on application.

#### THE SEPTEMBER CAMP

The classes will commence their regular course of instruction at Camp Tanamakoon on September 4th. This plan of opening the season with a month's training under Camp conditions presents many attractive features.

Camp Tanamakoon is beautifully situated on White Lake, Algonquin Park, about two miles from Highland Inn and the Park headquarters. The main building of the Camp consists of a large recreation room with fireplace, a screened-in dining-room, and a kitchen. Cabins along the Lake shore provide the campers' sleeping quarters.

A sandy beach and well-sheltered bay offer ideal conditions for swimming and canoe instruction; a level clearing behind the Camp gives ample space for games and athletics, and the network of lakes in the Park makes possible innumerable canoe-trips.

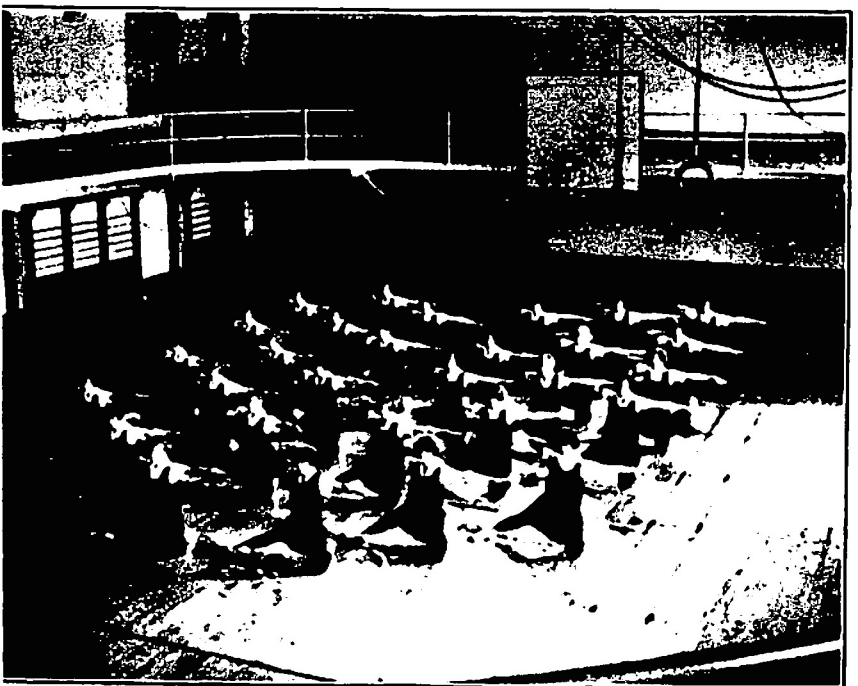
## The Normal Course

The Normal Course in Physical Education demands matriculation or its equivalent at entrance, and gives the student at the end of two years' study a Teacher's diploma in Physical Education. This course aims to make its graduates competent to organize and take charge of every branch of physical training for girls.

The Practical Subjects of the course include Gymnastics on Swedish and American principles, Remedial Gymnastics, Practice Teaching, Folk and Aesthetic Dancing, Fencing, Swimming, Life-saving, Archery, Track and Field Athletics, Indoor and Outdoor Games, including Ground-Hockey, Ice-hockey, Basketball, Baseball and Tennis; also Voice Training and Public Speaking.

The Theoretical Subjects of the course include Anatomy, Physiology, Hygiene, Anthropometry, Theory of Gymnastics, Theory of Games, Applied Anatomy, Physiology and Psychology of Exercise, Methods of Teaching, First Aid and Home-Nursing.

In September, at Camp Tanamakoon, in addition to the regular course of instruction, there will be special courses in Riding, Canoeing, Sailing. Week-end canoe trips are taken under the supervision of experienced guides.



## Subjects of Study in Detail

### THEORY

*History of Physical Education*—This course covers a brief survey of the field of Physical Education from ancient to modern times.

*Anatomy*—This course includes study of the muscles, bones, joints, and of the various tissues; also of the nervous system, the vascular system, and the viscera.

*Physiology*—A study is made of the interrelation of various bodily functions. This course forms the basis of the work in Hygiene.

*Hygiene*—The object of this course is threefold:—First to give the student a scientific and practical knowledge of the means of maintaining health, for which purpose the general principles of hygienic living are studied, including the effect of air, food, sleep and bathing; second, to acquaint the prospective teacher with the principles of Hygiene in the choice of site, construction, and administration of rural and city schools, such topics being discussed as seating, ventilation, lighting, toilets, drinking fountains, etc.; and last, to enable teachers to give instruction in Public Schools regarding health habits.

*Anthropometry*—Anthropometry treats of the theory of measurements of the human body; the work includes the taking of physical measurements, and the testing for normal eyesight and hearing.

*Applied Anatomy*—A study is made of the fundamental gymnastic movements and positions. The action of joints and muscles is studied in the natural movements of daily life, and in organized activities.

*Remedial Gymnastics and Massage*—Instruction is given in the causes and recognition of scoliosis, weak feet, and faulty posture, such as round shoulders, flat chest,

forward head, round back, etc. The practical course in massage considers the technique, methods, and means of applying this treatment.

A postural clinic is held twice a week which the Seniors attend in divisions. Programmes of exercises are prepared to meet individual needs.

*Methods in Physical Education*—This course has three objectives, namely, to discuss the history and principles of the so-called "Systems" of gymnastics; to study the character, selection and arrangement of gymnastic exercises and activities; and to study programmes and rules governing Field Days and Athletic Meets, Summer Camp routine, and standard physical tests.

*Theory and Practice of Games*—This course includes a study of child psychology and the various Theories of Play to aid the student in determining games suitable for all ages. The practical material presented includes games ranging from singing games to those more highly organized; all are discussed and classified according to their value for different age groups.

*First Aid and Home Nursing*—A complete course of instruction is given in quick and efficient treatment in cases of accident, in the prevention of illness, and in the care of the sick in the home. It leads, upon examination, to the certificates of First Aid and Home Nursing of the St. John's Ambulance Association.

## PRACTICE

*Practice*—The Department devotes sufficient time to the practical side of the work, to give the student a working knowledge of all the practical subjects included in the curriculum. (See page 5).

*Practice Teaching*—In addition to the regular periods of practice teaching, the students of the Senior year take charge, under the supervision of the Department, of classes of Public School children.



*Swimming*—The instruction in swimming, includes Life-saving, Water Sports, and Diving. An opportunity is given the students of qualifying for the Bronze, Silver and Gold medallions of the Royal Life Saving Society.

*Sports and Athletics*—Exceptional opportunities for practice in Land and Water Sports and Athletics are provided in the city and also at Camp Tanamakoon.

### GYMNASIUM COSTUME

Students are required to wear the regulation costume for both School and Camp, information regarding which will be sent to each applicant.

### ADMISSION

Students must be examined by the School Medical Officer, whose decision as to their physical fitness is final.

Each candidate enters for one term on trial in order that her suitability for the work may be determined.

A student may be required at any time to withdraw if her work or conduct is not satisfactory.

All out-of-town students are required to live either in the School Residence, or with relatives in town.

### GENERAL REGULATIONS

Except in a case of sudden illness or emergency, no student may absent herself from any lecture or examination, without previous permission from the Director.

Students may not take teaching engagements without permission from the Director.

### EXAMINATIONS AND DIPLOMA

Term examinations are held in each subject, the students being required to obtain a pass standing of 50%.

The Diploma will be awarded only to students obtaining a minimum of 50% in each subject, and of 60% on the total examining throughout the year.

An Honor Diploma is awarded to a student who obtains 75% in each subject.

## AWARDS

The following prizes can be won only by students who register at the beginning of the year:

*The Camp Tanamakoon Cup for Land Sports.*

*The Camp Tanamakoon Cup for Water Sports.*

*The Margaret Eaton School Athletic Association Cup for Tennis.*

*The Margaret Eaton School Athletic Association Sports Medal.*

*The Edith K. Amsden Cup for Swimming.*

*The Athletic Association Pin, offered to all students who obtain eighty per cent. in all the practical Physical Training subjects, and the theory of those subjects, during the two years of their course.*

*The Gold Medal for the highest standing in practice and theory in the graduating class. The Gold Medal can only be awarded to a student who has taken the full two years' course at the school.*

## FEES AND OTHER EXPENSES

Fees must be paid at the beginning of each of the three School terms. No reduction will be made for absence unless an entire term be lost through illness.

School Fee .....per term \$100.00

School Fee .....per year \$300.00

Books and general expenses, not more than ..... 25.00

Approximate cost of outfit, including both Camp and School costume, Ground Hockey sticks, etc. .... 50.00

*A list of requisites will be sent to each new student.*

Athletic Association Subscription, per year 3.00

Gymnasium Locker Fee .....per year 2.00

The cost of instruction at Camp Tanamakoon for the month of September is included in the regular fees of the Normal Course. Camp living expenses are regulated by the School Residence rates, namely \$12.00 per week.

## Special Courses and Private Lessons

These courses are open to all interested.

Special arrangements for small classes may also be made.

Practice in Physical Education,

2 hours a week.....	per term	\$10.00
	per year	25.00

Swimming (eight $\frac{3}{4}$ -hour lessons).....	6.00
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The Children's Saturday Morning Dancing Classes.....	per term	8.00
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The Children's Class in Swimming (eight $\frac{3}{4}$ -hour lessons) .....	6.00
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Gymnasium Locker Fee.....	1.00
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*Evening Classes, beginning October 6th, 1926.*

*Wednesday Evening—*

Physical Training—

7.30 p.m.

8.30 p.m.

Per term of 10 lessons .....	\$ 6.00
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Per season.....	10.00
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Swimming—Miss Alison Mews, Instructor.

6.30 to 9.30 p.m. (eight $\frac{3}{4}$ -hour lessons)....	5.00
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Fees are payable strictly in advance.

All cheques and money orders should be made payable at par in Toronto, to The Margaret Eaton School.

For further information, address

Miss Charlotte H. Layton,

Secretary, Margaret Eaton School,

Corner Yonge and McGill Sts., Toronto 2.

Telephone Elgin 1735.



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